Elkins Middle School Physical Education Snow Day Packet

**Packet 1**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please pick activities from the chart that you want to participate in. You can pick as many or as few activities as you want as long as they total 45 minutes per day. Please write the number of minutes beside each activity that you do.

|  |  |
| --- | --- |
| Activity  | Minutes |
| **Outdoor** |  |
| Make Snow Angels |   |
| Build A Snowman |   |
| Sledding |   |
| Create A Snow Fort |   |
| Go For A Walk |   |
| Shovel Snow |   |
| Draw a circle and host a snowball throwing contest to see who can hit the target from the farthest distance. |   |
| Ice Skating  |   |
| Downhill Skiing |   |
| Cross-country Skiing |   |
| Snow Shoeing |   |
| Snowboarding |   |
| Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |   |
| **Indoor** |  |
| Household Chores |   |
| Play active video game (Wii/Xbox Kinect) |   |
| Dancing  |   |
| Play hide and seek |   |
| Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |   |